

## Asthma Fact Sheet

### **Asthma is a leading public health problem for children in Utah**

- About 61,000 children under age 18 have asthma in Utah, or equal to
- About 2000 classrooms or 127 elementary schools filled with children with asthma.
- About 700 children were hospitalized because of asthma in 2003 costing about \$2.8 million.
- Asthma is the number one reason children miss school, due to chronic disease.
  - More than 10 million missed school days in the United States.

### **Asthma can be fatal**

- An attack can turn deadly at anytime, especially if medications are not available.
- There are nearly 5,000 deaths due to asthma each year in the U.S. (*CDC National Center for Health Statistics, 2001 data*)

### **Asthma attack can occur at anytime**

- There are many triggers that can cause an asthma attack.
- The most common triggers are:
  - Tobacco smoke
  - Exercise
  - Allergens such as dust mites, animal dander, molds, pollens, and food
  - Colds, flu, sinus infections
  - Weather and air quality
  - Stress

### **Asthma can be controlled with appropriate medications**

There are two basic types of medications for patients with asthma:

- Controllers: taken daily to help control asthma symptoms and prevent an attack.
- Quick-Relief Inhaler: taken as needed to provide fast relief from symptoms. People with asthma should take this medicine as soon as they feel symptoms begin.

